Methamphetamine

Learning Objectives

- Identify the side effects of the drug methamphetamine.
- Identify the withdrawal symptoms associated with methamphetamine addiction.

What is Methamphetamine?

- Methamphetamine is a powerful, synthetic central nervous system stimulant.
- The majority of methamphetamine being consumed illegally is manufactured in clandestine laboratories around the United States.
- Classified by the DEA as a Schedule II Controlled Substance.
- Can be legally prescribed for attention deficit disorder

History of Methamphetamine

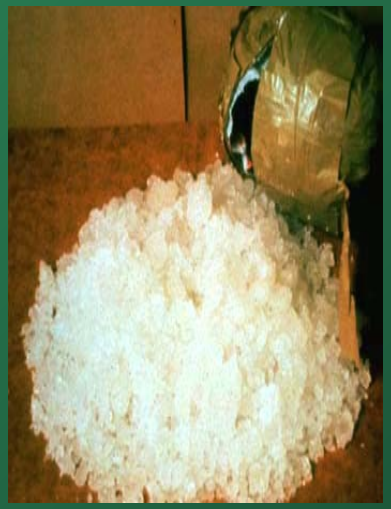
1919 – Methamphetamine first synthesized

1940s – Japan uses methamphetamine to increase work output by factor workers.

WWII – Used by Allies and the Axis to help stay awake during battles and bombing runs.

1959 – FDA bans the use of most amphetamines from use in inhalers due to their side effects.

1960s – Methamphetamine use



History of Methamphetamine

1970 – Use of methamphetamine rises at an alarming rate in California.

1970 – Amphetamines become a controlled substance due to the "U.S. Drug Abuse Regulation and Control Act of 1970".

1996 – The "Comprehensive Methamphetamine Control Act" establishes new reporting requirements for companies that sell methamphetamine supplies via mail.

Present – Associated with *raves* and belongs to *club drug* family.

How is Methamphetamine Used?

Methamphetamine is generally a white or off-white powder that can be ingested in several ways:

- **Orally**
- **Snorted**
- **Injected**
- **Smoked**

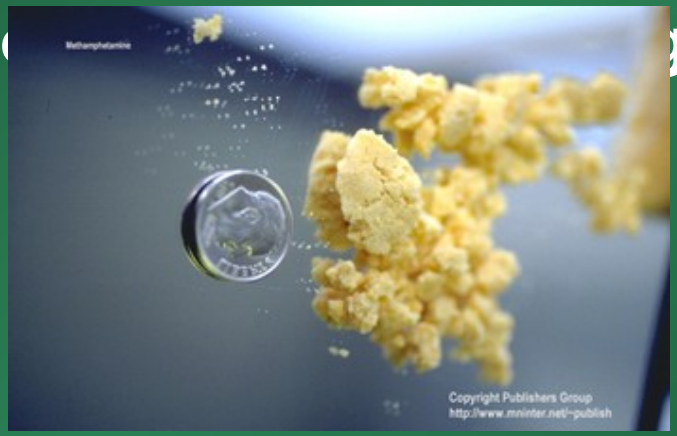
Short Term Side Effects

- Excessive Talking
- Increased Activity
- Nervousness
- Decreased Fatigue
- Anxiety / Panic Attacks
- Hallucinations
- Nervousness
- Excessive Sweating
- Skin Welts
- Violent / Suicidal Behavior

Long Term Side Effects

Methamphetamine use can cause serious long term side effects that can affect the user for the rest of their life:

- **Immune System Damage**
- **Psychological Problems**
- **S[illegible]ge**

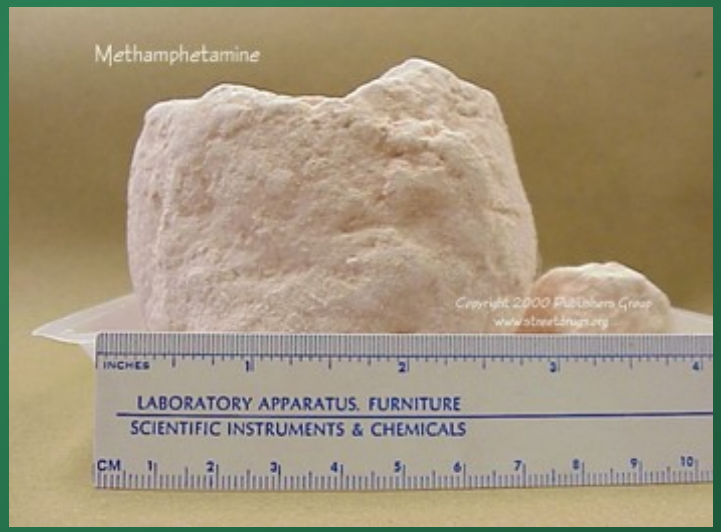


- **Fatal Kidney Disorders**
- **Fatal Lung Disorders**
- **Birth Defects**
- **Stroke**
- **Death**

Addiction

<u>Physical Dependence</u> – When the user's body cannot function properly without ingestion of the drug.

<u>Psychological Dependence</u> – When the consumption of the drug takes priority over other activities within the user's daily life.



Withdrawal

Symptoms of methamphetamine withdrawal can include:

- **Hunger**
- **Extreme Fatigue**
- **Anxiety / Irritability**
- **Chronic Depression**
- **Restless Sleep**
- **Severe Nightmares**
- **Severe Distress**
- **Panic Attacks**

Methamphetamine Testing in the Army

- Methamphetamine can be detected in urine for 2-3 days after ingestion.
- The Army tests every specimen for methamphetamines.
- The illegal use of methamphetamine or any drug goes against Soldiers Values and Warrior Pride.

Additional Information

Additional information on amphetamines can be found by contacting the Army Substance Abuse Program or by visiting www.acsap.army.mil.

WARRIOR

Personal Courage: Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.

Respect: Show your Respect to the Army, your unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.

Integrity: Stay true to the Army Values and Warrior Ethos by supporting the Army's drug and alcohol policies.

Duty: Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.

Excellence: Exhibit honorable behavior on and off duty - don't be a substance abuser!